

# **Acton Senior Bulletin**



**May 2013** 

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

# Registration for all class/programs begins in person or by phone Monday, May 6<sup>th</sup> at 1:00.



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#### ► An Afternoon of Live Jazz with Bob Pilsbury

Tuesday, May 21st, 1:00-2:00

Join us for a performance by Bob Pilsbury, pianist with the renowned New Black Eagle Jazz Band, for a solo concert of classic jazz, including swing, traditional jazz and Boogie Woogie. Bob, who lived in Acton for many years, intersperses his performance with entertaining stories about the pieces he plays and experiences he has had.



# Barbershop Quartet 4 in Accord Performance Wednesday, May 8<sup>th</sup>, 12:30-1:30

Stay after the Mother's Day/Birthday lunch for a Barbershop Quartet performance! Tom Ruggles, Paul Wiggin, Jack West, and Jim Brunner will entertain us with a mix of oldies and modern songs that may include Mood Indigo, Hello Mary Lou, I'm Sittin' on Top of the World, My Wild Irish Rose and the White Cliffs of Dover.

# **▶** 90s Birthday Luncheon

Thursday, May 30<sup>th</sup>, 12:00-1:30

We will be hosting a special luncheon in honor of all of our Acton seniors who are 90+. Invitations will be sent to the honorees. If you have not received your invitation by May  $22^{nd}$ , please call the office.

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# ► Elder Law Presentation with Attorney Sheila B. Giglio

Thursday, May 23<sup>rd</sup>, 1:00-2:00

Attorneys who work with seniors appreciate complex financial and social realities and are able to address their clients' legal issues. They often work with accountants, financial planners and geriatric care managers to ensure a coordinated plan. Attorney Giglio will discuss "Taking Control of Your Future: A Legal Check Up," an update on changes in Elder Law. Co-sponsored by the Mass Bar Assoc. and MA Chap. of the Nat. Acad. of Elder Law Attys. Invite friends and family to make this a dynamic program.

**Class Attendance -** Those who come to Senior Center programs know that registration begins on a particular day and time each month in order for everyone to have the same chance of getting into programs. Because of the popularity of classes, many have waiting lists. Class sizes are determined by instructor preferences or room size limitations. If you are on a waiting list, please don't come to class hoping to get in. If and when a spot opens up, the COA staff will contact you. Thank you very much for your cooperation!

Director's Corner - In April we honored all of our incredible volunteers. Thank you again for all you do! The Council on Aging would not be able to provide all the services we are able to offer without you! In May we will be having our first annual 90's luncheon. Please see the above blurb for more details.

The Town's Space Needs Study has been completed. We continue to work on finding an inexpensive, short term solution to some of the issues we have at our existing Senior Center. At the time of this printing, there has not been a resolution but we will keep you informed of any new developments. **Sharon** 

The COA and Senior Center will be closed on Monday, May 27th for Memorial Day.

## **UPCOMING PROGRAM HIGHLIGHTS**

### **▶** Walk in the Woods: Springtime Changes

Friday, May 3<sup>rd</sup>, 11:00-12:30 (Rain date: May 17<sup>th</sup>, 11:00-12:30) (Registration is open now.)



Join Judy for a 3/4 mile hike around Pratt's Brook Conservation Land off Brewster Lane. As we walk we'll talk about what we observe. The terrain is wooded and uneven underfoot so *please* use your best judgment in deciding if this hike is right for you. Wear comfortable, sturdy walking shoes and dress appropriately. We will leave from the Senior Center lobby at 11:00 and walk the .4 mile to the

Conservation land. If you'd rather, you can meet us at the parking lot at the end of Brewster Lane at 11:15. If you're meeting us at the trailhead, please tell us that when you register so we can look for you there.

### **How Did I Get That Computer Virus?**

Tuesday, May 7<sup>th</sup>, 12:30-2:00, in the living room

This is a question that is frequently asked after it's too late and your computer is already infected with some nasty stuff usually referred to as "malware." Often, the user has clicked the mouse casually and, by so doing, fallen victim to "social engineering," a term used to describe many devious ways to trick you into allowing viruses and other nasties into your computer. Using real world examples, Jim McDonough will guide you through the netherworld of malware and social engineering and show you how to reduce your risk of becoming a victim.

# **Eyeglass Adjustments and Minor Repairs**

Wednesday, May 8<sup>th</sup>, 11:30-12:30

Alex Thayer, Licensed Dispensing Optician and owner of Look Optical in Maynard, will be at the Senior Center to offer free eyeglass adjustments and minor repairs. No appointment necessary!



#### **▶** In Praise of Poetry

Monday, May 13th, 1:00-2:15

"Poetry, like bread, is for everyone," said Rogue Dalton. Are you a lover of literature but sometime feel like you just don't get poetry? Join us for this special program facilitated by Patti Russo of Read Between the Lines. Those of us who love reading and language will see how poetry is relevant to our lives in an upbeat and accessible way. You will leave with a packet of poems to enjoy again and again and a new or rekindled appreciation for poetry.

# **▶** Tour of the Acton Memorial Library

Thursday, May 16<sup>th</sup>, 10:00-11:00



Director Marcia Rich will lead a senior group tour of the Acton Memorial Library on Main Street. Learn about the vast amount of resources available at your library, such as audio books, e-book readers, museum passes, DVDs, college-level lectures on audio CDs and DVDs, various databases, and computer classes. Meet in the library's first floor meeting room. Please register with the COA so library staff knows how many to expect.



# **▶** Spirit of New England

Thursday, May 16<sup>th</sup>, 1:00-2:15

Enjoy the wonder of New England and its four seasons in this multi-media program combining beautiful images, music and narration. New England is exceptional because one can experience the sand dunes of the Cape, the wilderness of the mountains, the peacefulness of a quite pond, or the tranquility of a small village all within a six-hour drive. This special event captures its essence – the forest, flowers, fall foliage, wildlife and the people that make our region unique. Presented by the Mass. Audubon Society, and award-winning nature photographer and life-long naturalist, Gail Hansche Godin. Gail's photography has been published in *Massachusetts Wildlife*, *National Wildlife*, *The Nature Conservancy*, and *Mass Audubon Connections*, and has won numerous awards.

#### **▶**\*New\* Intermediate Chess Class

Thursdays, through June 13<sup>th</sup>, 2:00-3:00 Registration for this class is open now.

Ken LeBow has added an intermediate class for people with playing experience who want to fine tune their skills.

► Indicates that you must register in advance!



#### **TRIPS**





Thursday, May 23<sup>rd</sup>, leave NARA Park Lower Lot at 8:30 (Registration is open now.)



Spend a day on the Cape before the summer crowds arrive! We will visit the Sandwich Glass Museum where you can view a glass blowing demonstration, a multimedia presentation and 15 galleries. The museum celebrates the town's history, with particular emphasis on the unique contribution of the glass industry. Next we'll head to the Daniel Webster Inn, which has offered food and lodging for over 300 years. Lunch will include a buffet with chicken coq au vin, pasta primavera and broiled native scrod, plus sides, dessert, coffee, tea. Our last stop

will be the Heritage Museums and Gardens. We will have a guided tour on the special exhibit "Driving our Dreams: Imagination in Motion," which features some of the most historically significant concept cars ever built and examples of what today's designers are dreaming up. You will also have time on your own to explore the gardens which feature famous Dexter Rhododendrons in bloom (with Mother Nature's cooperation), the Automobile Gallery featuring over 30 of the finest antique America automobiles and the folk art gallery. There is a labyrinth path (where you can't get lost!), a special outdoor art installation, a windmill built in 1800, and you can discover your inner child with a ride on an antique carousel! On this trip you can dictate how much walking you would like to do at the museums, but there is a significant amount of walking and some outdoor stairs to view everything Heritage Museum/Gardens offers, although they do have golf carts on hand to give you a lift if needed. **Depart: 8:30 a.m. from NARA Lower Lot;** Approximate return time: 6:00

Cost: \$65, due now, includes two museum admissions, tour at Heritage Gardens, lunch, coach bus (w/restroom on board), and all gratuities.

# ► Hu Ke Lau Drums of Polynesia Show and Luncheon

Tuesday, June 11th, leave NARA Park Lower Lot at 10:00



Escaping to the tropics is as close as Hu Ke Lau in Chicopee! We will have lunch with a choice of the American menu of prime rib with vegetable and baked potato or the Chinese menu of chicken and broccoli, pork fried rice, chicken fingers. Both options include salad, dessert and coffee or tea. Please indicate your meal choice when you register. After lunch you will be treated to the live Drums of Polynesia show, which includes talented dancers, colorful costumes and Polynesian music featuring rhythmic drums of the Fuji War Dance.

Depart: 10:00 a.m. from NARA Park Lower Lot; Approximate return time: 4:30

Cost: \$52, due by Tuesday, May 21<sup>st</sup>, includes lunch, show, coach bus (w/restroom on board), and all gratuities.

#### **▶** Blackstone River Cruise

Thursday, July 18th, leave NARA Park Lower Lot at 9:30



Our group will be treated to a one-hour cruise of the Blackstone River in Rhode Island. The cruise will include a narration of the river, which has recovered from its once polluted state. Swan, herons, geese, ducks, turtles, hawks and beautiful plants and trees are often spotted and the narration will explain the ecology of the river and will be interspersed with stories about the people and history of the region. After the cruise, we will eat at J. Gray's Family Tavern, where lunch will include the option of grilled chicken marsala, baked

scrod, or steak tips with mushrooms and onions. Lunch will also include salad, rice pilaf, seasonal vegetable, chocolate cake, and coffee/tea. Please indicate your entrée choice when you register. There is a ramp to the boat and just one stop on an off. There is no rest room on the boat, but the bus is equipped with one.

Depart: 9:30 a.m. from NARA Park Lower Lot; Approximate return time: 3:30

Cost: \$50, due by June 27<sup>th</sup>, includes cruise, lunch, coach bus transportation, all gratuities.

► Indicates that you must register in advance!

#### **COUNCIL ON AGING TRIP POLICIES:**

- 1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
- 2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
- 3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed <u>after</u> the trip occurs.
- 4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
- 5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
- 6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

# **DINING OPPORTUNITIES**

\*\*Please sign up in the COA office for the following meals:

# **▶** Town Employee Home Cooked Lunch

Tuesday, May 14<sup>th</sup>, 11:45

The Finance Department will be cooking chicken stir fry with vegetables. A \$3 donation is requested. Please sign up for this meal in the COA office.



#### **►** Monthly Breakfast

Friday, May 17<sup>th</sup>, 9:00

Join us for a warm, plentiful breakfast! Typically pancakes or French toast, eggs, fruit, bacon and sausages are served, but our chef, Veteran Services Officer James MacRae, will sometimes surprise us. Cost is \$2.00.

#### **▶** Inn at Robbins Brook Lunch

Tuesday, May 21<sup>st</sup>, 11:45

Enjoy lasagna, salad and garlic bread. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

#### Please sign up in the Dining Room with Joy for the following meals:

► Minuteman Lunches are served M-F at 11:45. Voluntary donation is \$2. Call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA. Birthday and Mother's Day Lunch: Wednesday, May 8<sup>th</sup>

► Indicates that you must register in advance!

# **SENIOR CENTER CLINICS**

Podiatry Clinic: Tuesday, May 14th, 8:15-11:30 with Dr. Ayleen Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments for the podiatry clinic will begin when the COA's monthly newsletter is out in the community. Pre-booking of appointments at the clinic itself or pre-booking at the Nursing office for future months will no longer be available. Call 978-929-6650. *Funded by Friends of Acton Nursing Service*.

Blood Pressure & Wellness Clinic: Tuesday, May 14th and 28th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.



**Durable Medical Equipment Available to Loan:** The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons at 978-929-6652 and please allow her a couple of days to gather the equipment.

#### **SENIOR CINEMA**

You may call the office to confirm the selection in case a change needs to be made. It's Oscar month at the Senior Center! All of this month's movies were nominated for Best Motion Picture, with Argo getting top honors.



Friday, May 3<sup>rd</sup>, 12:30-3:05 *Lincoln* (2012, PG-13) Critically acclaimed film about President Lincoln's Civil War struggles as he argues with many of his own cabinet on the decision to emancipate the slaves. Directed by Steven Spielberg. Cast includes Daniel Day-Lewis, Sally Field, Tommy Lee Jones. Nominated for 12 Academy Awards, with wins for Production Design and Best Actor for Day-Lewis. Because of the length of the film, we'll pause halfway through for a break.

Friday, May 17<sup>th</sup>, 12:30-2:35 *Life of Pi* (2012, PG) In this fantasy adventure, a young man survives a shipwreck on a voyage from India to Canada and is hurtled into an epic journey he shares with a fearsome Bengal tiger. Won five Academy Awards, including Best Director for Ang Lee. Based on the best selling book by Yann Martel. Friday, May 24<sup>th</sup>, 12:30-3:10, Les Miserables, (2012, PG-13) Latest version of the famous musical tells the story of Jean Valjean who is released from prison and breaks parole to create a new life for himself in post-revolutionary

France. Stars Anne Hathaway, Hugh Jackman and Russell Crowe. Won three Oscars, including Best Supporting Actress for Hathaway. Because of the length of the film, we'll pause halfway through for a break.

Friday, May 31st, 12:30-2:30 Argo (2012, R for language and violent images) This year's Academy Award winner for Best Picture is based on the true story of the 1980 joint CIA-Canadian secret operation to rescue six American diplomatic personnel out of revolutionary Iran. Stars Ben Affleck who also directed the film.

#### **EXERCISE**

#### CALL NOW AS EXERCISE REGISTRATION HAS BEGUN.

► "Stretch and Flex" with Terri Zaborowski (Class is full. Call about the waitlist.)

Mondays, through June 10<sup>th</sup>, 8:30-9:30 (No class on 5/27)

► "Senior Cardio-Flex" with Terri Zaborowski

Tuesdays and Thursdays, through June 13th, 8:30-9:30 (Class is full. Call about the waitlist.) or Wednesdays and Fridays, through June 14th, 8:30-9:30 (Class is full. Call about the waitlist.)

► "Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski

Tuesdays and Thursdays, through June 13th, 9:45-10:45 (Class is full. Call about the waitlist.)

► Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell

Wednesdays, through June 26<sup>th</sup>, 10:00 -10:30, meets in living room Thursdays, through June 27<sup>th</sup>, 11:00 -11:30, dining room (Cl

(Class is full. Call about the waitlist.)

▶ Beginner Taoist Tai Chi with Alice Hogan or Other Taoist Tai Chi instructors Tuesdays, through June 11th, 11:00-12:00

(Class is full. Call about the waitlist.)

► Continuing Level Taoist Tai Chi with Ray Caisse Thursdays, through June 13<sup>th</sup>, 11:00-12:00

(No class on 5/30)

This class is those who know all 108 movements of the Taoist Tai Chi set, whether learned at the Senior Center or elsewhere.

► Acton Striders Walking Group

At the Senior Center *Mondays*,  $May 6^{th}$ ,  $13^{th}$ ,  $20^{th}$ , 12:30-1:15 (No walk on 5/27) At NARA Park *Wednesdays*,  $May 1^{st}$ ,  $8^{th}$ ,  $15^{th}$ ,  $22^{nd}$ ,  $29^{th}$ , 8:30-9:15

So join us for a 1 or 2 mile energetic walk. If the weather is questionable, call the COA office to see if we're walking.

► Zumba Gold<sup>TM</sup> & Stretch Class with Yvonne Benelli

Fridays, through June 21st, 10:00-10:45

(Class is full. Call about the waitlist.)

► Yoga Class with Patsy Brightman

Wednesdays, through May 29th, 10:45-12:00

(Class is full. Call about the waitlist.)

► Indicates that you must register in advance!

#### **ONGOING ACTIVITIES**

REGISTRATION BEGINS...... MONDAY, MAY 6<sup>th</sup> at 1:00.

# **Drop-in Spotlight: Yarn and Thread Ladies**

Wednesdays, 12:30-2:15

The Yarn and Thread Ladies are always productive and social! Members knit, crochet and sew items for charity, the Friends of the COA craft fair and individual projects. They meet year round, sharing the Senior Center living room space. Check the calendar for occasional changes. There is usually a variety of donated varn and fabric for the group members to use.



#### ► ArtMatters: Art Keeps Us Human, The Great American West & Spanish Masters Thursdays, May 2<sup>nd</sup>, May 9<sup>th</sup>, 1:00-2:00 (Registration is open now.)

During this lively, engaging program you will learn about various art forms and artists and see many large museum-quality prints. The art will cover an entire wall by the end of each presentation!

May 2<sup>nd</sup>: The GREAT American West. American artists have been pioneering, bold and independent. This is especially true in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It was all over in just 90 years, one life span, from virgin exploration, through pristine landscapes, pioneers, cowboys, gold miners, settlers, and the Indian Wars. May 9<sup>th</sup>: Spanish Masters. Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed, which often impacted the work of the artists of the time.

#### ► Ask the Lawver

Tuesday, May 21st, 1:00-3:00

Elder Law Attorney Cathleen Summers will offer free 20-minute private legal consultations. Call the COA office, 978-929-6652, to schedule an appointment.



► Watercolor Studio Workshop with Joyce Dwyer Wednesdays, through June 12<sup>th</sup>, 9:00-10:30 (Class is (Class is full.)



# **▶** Spring Watercolor Class with Sue Nordhausen

Tuesdays, through May 28th, 1:30-3:00

Fine tune your techniques of handling watercolors, color mixing, design and how to use values (lights and darks), to simplify, improve, and add power and punch to your paintings. Each class will incorporate a demonstration and then each student will be encouraged within their own style and painting level. Open to those with watercolor experience. Materials list for new students available in the COA office.

# **▶** Spring into Health Wellness Series

Wednesdays, May 29th and June 26th, 12:30-1:00 (Registration is open now.)

In May, we will discuss the Health Benefits of Tea. Did you know that tea is not only delicious and refreshing, but also wonderful for your body? It can help prevent cancer and arthritis, promote a healthy heart and aid in weight loss. Taste testing included! In June we will Laugh Out Loud. Laugh 'til your side hurts because laughter is the best medicine. Experience the positive affects of a cheerful attitude and a good belly laugh! If you decide at the last minute that you can make either program you are more than welcome to drop in.



# ► The Real Deal: Drawing What You See with Janet Wolahan

Thursdays, through May 9th, 3:00-4:30 (Class is full. Call about the waitlist.)

## "The Bookies" COA Book Club

Monday, May 20<sup>th</sup>, 1:00-2:00

This month the group is reading A Memoir of My Extraordinary, Ordinary Family and Me, by Condoleezza Rice. Typically books will be on hold for the group at the Memorial Library and can be sent to the Citizen's Library if that is more convenient. This is the last meeting before the group breaks for the summer, so don't miss out!

#### **ONGOING ACTIVITIES - continued**

# Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas, COA Program Coordinator Friday, May 31<sup>st</sup>, 11:00-12:00

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal or personal essays, come read your work to the group to receive feedback or learn from listening to others. Each meeting has a focus, such as how to get started or finding your voice.

#### **Genealogy Group**

Friday, May 10<sup>th</sup>, 1:00-2:30

Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for family history.

# **▶** Beginner Chess Lessons

Thursdays, through June 13<sup>th</sup>, 1:00-2:00

(Registration is open now.)

# **Chess Club for Experienced Players**

Thursdays, 2:00-4:15

Ken LeBow has organized a Chess Club for players with experience to get together for games at the Senior Center.

# **▶** Veterans Services Appointments with Veterans Service Officer James MacRae

Tuesday, May 28th, 12:00-1:45

For help with veterans' benefits and resources call the COA at 978-929-6652 for an appointment. If you are a veteran or a surviving spouse you can also contact James directly at 978-929-6614 or at <a href="mailto:vso@acton-ma.gov">vso@acton-ma.gov</a> to meet with him Monday-Friday at Town Hall.

### ► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:30-3:30

(No appointments on May 27<sup>th</sup>)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

**Computer Club** - Meetings may be self-directed or they may have a leader depending on availability. Wednesdays, May 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup>, 1:30-3:00 and/or Fridays, May 10<sup>th</sup> and 24<sup>th</sup>, 10:00-11:30

See the Calendar on page 11 for info on these groups: Poker, Tile/Board Games, Yarn & Thread Ladies, Drop-in Bridge, Billiards/Pool, Drop in Art, Harmonica Club. These activities are sometimes canceled due to space constraints. Call to confirm. (No Board/Tile games on May 21<sup>st</sup>.)

► Indicates that you must register in advance!

#### **HEALTH NEWS**

#### **Alzheimer's Services**

- Alzheimer's Association Helpline 1-800-272-3900. Available for calls 7 days a week, 24 hours a day.
- Cooperative Elder Services, Inc. 978-318-0046. Provides adult day health and Alzheimer's day programs.

Services Comparison Websites help you find and compare options for home health, hospital and nursing.

- Home Health Agencies <u>www.medicare.gov/HHCompare/Home.asp</u>
- $\bullet \ Hospital \underline{www.hospitalcompare.hhs.gov}$
- Nursing Home <u>www.medicare.gov/NHCompare/Home.asp</u>

#### **Healthcare Websites**

- Alzheimer's Association, www.alz.org/carefinder for recommendations and questions to ask care providers.
- Office of the Attorney General, <a href="www.ago.state.ma.us">www.ago.state.ma.us</a>, click on elders.
- Long Term Care, <u>www.masslongtermcare.org</u>.

**Minuteman Senior Services** provides free in-home consultations. Call 888-222-6171 or visit <a href="https://www.minutemansenior.org">www.minutemansenior.org</a> for more information.

# **TRANSPORTATION**

#### ► Ride to the New Westford Market Basket or Jo-Ann Fabrics

Thursday, May 16<sup>th</sup>, 1:00-3:00, leaving from and returning to the Senior Center

We will be taking the COA van to Westford's new Market Basket with a stop at Jo-Ann Fabrics. You will have about 1 hour to shop. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the Senior Center, please call Judy in the mornings 8-11 up to 2 weeks in advance.

**COA Senior Van** runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

**MinuteVan Dial-a-Ride Van Service** runs Monday-Friday, 8:00-11:00a.m.and 2:15-7:15p.m. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-12:30. Rides are \$1 in-town and \$1.50 out-of-town. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

**Road Runner Van -** To schedule a ride call 978-844-6809, weekdays, 8:30-12:30, at least a day in advance. You may also schedule rides online at <a href="https://www.minutevan.net">www.minutevan.net</a>. The RR's hours are Monday-Friday, 8:00-3:00pm and the cost is \$1 for in-town rides and \$1.50 for out-of-town rides. Rides are available anywhere in Acton, Concord and Maynard as well as certain locations in Littleton, Westford and Boxborough. Pre-registration is NOT required.

**Friendly Drivers Available** to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If, however, you need a ride not covered by our existing transportation, please call the COA.

**MART Van Service to Boston** - Weekday stops at the Littleton Train Station for rides to Emerson Hospital/Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

**MinuteVan Commuter Rail Shuttle** runs between the West Acton Fire Station lot on Central St., the Mt. Calvary Church lot on Prospect St. and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. For information contact Michele Brooks at 978-844-6809 or visit www.minutevan.net to book online.

**Yankee Bus Service to Boston** – Weekday service leaving Colonial Spirits, Great Rd., Acton at 7:00am, arriving Copley Square at 7:50am. Return ride leaves Copley at 5:05pm, arrives Colonial Spirits at 5:50pm. Call 1-800-942-8890 for more information. Rides are \$8 one way.

**Senior Center Art Exhibit** - In May we are proud to welcome once again the students of Acton-Boxborough Schools, grades K – 12, in a show of representative art work titled "Students Make Their Mark." The works demonstrate the variety of technique students learned during the year and is always one of our most popular exhibits. Please call the COA office for viewing times. All are invited to a reception to be held on Thursday, May 16<sup>th</sup>, 3:00–4:30 (no reservation required).

Many thanks to Sue Nordhausen's watercolor painting class for sharing their work with us during February/March.

**Perfume and Cologne Use -** Due to sensitivities and allergies of seniors attending classes, programs and lunches at the Senior Center and within the close quarters of bus trips, we respectfully request everyone to be aware of using colognes and perfumes. What may smell sweet to some may be overwhelming to others. Thank you for your understanding and cooperation.

#### AROUND TOWN...AND BEYOND

**Town Clerk's Office** would like to remind the residents that there will be a Special State Election on Tuesday, June 25<sup>th</sup>. Polling Hours are from 7:00AM-8:00PM. The last day to register to vote for this election will be Wednesday, June 5<sup>th</sup>. If you have a question regarding your voter registration status, please contact the Clerk's Office at 978-929-6620 or via email at <a href="clerk@acton-ma.gov">clerk@acton-ma.gov</a>.

**Veteran's Services Officer – Flag Burning Ceremony** – There will be a flag burning ceremony on *Flag Day, Friday, June 14<sup>th</sup>*, to properly dispose of damaged and worn out American flags. The ceremony will be held on the Town Common from 6pm to 8pm. If you have flags you wish to dispose of but are not be able to attend the ceremony please contact James MacRae, Acton Veterans' Service Officer, at 978-929-6614.

#### Town of Acton Household Hazardous Waste Collection Day

Saturday, May 4<sup>th</sup> at the DPW Garage, 14 Forest Road, 9:00-11:30

A list of acceptable items is available at the Health Dept, Transfer Station, Library and on the Town website. Proof of residency is required. There is a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash or checks made out to the Town of Acton will be accepted. Questions: call the Health Dept at 978-929-6632.

#### Acton-Boxborough Cultural Council's Free Films "Our World - May is Movie Month"

Friday, May 3<sup>rd</sup> at 7:00 p.m., Sargent Memorial Library in Boxboro - I Wish

Friday, May 10<sup>th</sup> at 7:00 p.m., Sargent Memorial Library in Boxboro - The Earrings of Madame de...

Friday, May 17<sup>th</sup> at 7:00 p.m., Sargent Memorial Library in Boxboro - Le Havre

Memorial Library Programs - Please call 978-929-6543 for more information and to register.

PowerPoint Photo Slideshow Class - Wednesday, May 1st, 3:00-4:00

OverDrive Next Generation - The Minuteman Digital Media Catalog - Tuesday, May 7th, 3:00-4:00

Facebook & Twitter: Connect, Learn, and Grow While Staying Safe - Wednesday, May 8th, 7:00pm

Drop-in Computer Help - Wednesday, May 15th, 3:00-4:00

Organic Gardening - Wednesday, May 15th, 7:00pm

Email Class - *Tuesday*, *May* 21<sup>st</sup>, 3:00-4:00

# Transfer Station and Recycling Center are located at 14 Forest Road.

Transfer Station & Recycling Center Hours				Effective April 1 Sticker Prices:	
Sunday, Monday	CLOSED	Thursday	8:00-3:00	First Sticker	\$105
Tuesday	8:00-3:00	Friday	7:00-3:00	Second Sticker	\$15
Wednesday	8:00-3:00	Saturday	7:00-4:30	Senior (65+)	\$28
-		-		Replacement	\$10
The individual trip fee for residents with no sticker is \$30/trip			Recycling Only	\$38	
plus applicable fees for items other than trash.			Senior Recycling Only	\$10	

#### Mt. Calvary Community Supper at 472 Massachusetts Ave.

Every Wednesday, 5:00-6:00pm, Free. Everyone welcome. Call 968-263-5156 for info.

# Mt. Calvary Senior Luncheon at 472 Massachusetts Ave.

Thursday, May 23<sup>rd</sup>, 12:30pm. Donation is requested.

**Indian Hill Music**, 36 King Street, Littleton. Visit <a href="www.indianhillmusic.org">www.indianhillmusic.org</a> or 978-486-9524 for information. **Bach's Lunch Concert – Thursday, May 16<sup>th</sup>, 11:00 and 1:30**, Free admission.

# **Acton Garden Club's Annual Plant Sale**

Saturday, May 18th, 9:00-1:00 on the Acton Center Common

# Sounds of Stow Springfest Concert with American choral icon Alice Parker

Sunday, May 19<sup>th</sup>, 4:00, First Parish Church of Stow. Admission \$10.00. For more information visit www.soundsofstow.com or call 978- 461- 9371.

#### **OUTREACH & SUPPORT SERVICES**

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

**Handyman Program:** Help for seniors with small repairs and simple household jobs.

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

**Food Pantries and Community Suppers:** Call for a list of local area suppers and pantries. The **Acton Food Pantry**, 235 Summer Rd., Boxborough, is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and bill with your name/address) is required on your first visit.

**Home Care Services:** Please call the COA if you have questions on how to obtain home care services. **Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

**NSTAR Program for Low Income Customers:** Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

**SNAP – Supplemental Nutrition Assistance Program** offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit <a href="www.mass.gov/dta">www.mass.gov/dta</a>.

#### **Support Groups**

Alzheimer's, Memory Loss and Dementia Care Givers Support Group

4<sup>th</sup> Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

Parmenter's Wayside Hospice Bereavement Support Group

April 11th through May 30th, 6:00-7:30p.m., 266 Cochituate Road, Wayland

To register for more information, please call Niki at 339-223-9522.

# Thank You...

- ...to the Health Department for another delicious lunch Italian style! Everyone enjoyed it.
- ...to Newbury Court of Concord and LifeCare of Acton for providing a wonderful warm lunch to our seniors.

# Job Opportunity - US Census Bureau in Massachusetts

The US Census Bureau is hiring Temporary Field Representatives for the Massachusetts area. You must have a car and valid driver's license, be a U.S. Citizen and pass a written test. Internet access is desirable. To learn more about job requirements and qualifications call toll free at 1-800-991-2520 (Select option 1 for recruiting) or send an e-mail to <a href="mailto:new.york.recruit@census.gov">new.york.recruit@census.gov</a>.





The Book Group discussing the monthly read in the living room. The Harmonica Boys wailing out some oldies in the dining room.

May	Tue	Wed	Thu	Frí <b>2013</b>
ana.y		1 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	2 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Cont. Tai Chi 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 1:00-2:00 Art Matters 2:00 Chess Club 3:00 Drawing Class	8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:00-12:30 Walk in the Woods 12:30-3:05 Movie 1:00-4:30 Poker
8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00 Registration Begins 1:00 Drop-in Pool 1:30-3:30 SHINE 3:00 COA Board Mtg.	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 12:30 2:00 Computer Virus Program 1:30-3:00 Watercolor/Sue	8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 11:45 Birthday/Mother's Day Lunch 11:30-12:30 Eyeglass Adjustments 12:30-1:30 Barbershop Quartet 12:30-2:15 Yarn & Thread Ladies 1:00 Pool 2:30-4:30 Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-3:00 Harmonica Club 1:00-2:00 Art Matters - last 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club 3:00-4:30 Drawing Class -last	8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba 1:00-2:30 Genealogy 1:00-4:30 Poker
8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:15 Poetry Program 1:00-3:00 Friends Mtg. 1:30-3:30 SHINE	14 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Town Employee Lunch 12:30-3:00 Board & Tile Games 12:30-1:30 Drop-in Pool 1:30-3:00 Watercolor/Sue	8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	16 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 10:00-11:00 Library Tour 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:15 New England Photos 1:00-3:00 Harmonica Club 1:00-3:00 Van to Market Basket 1/2 Chess Lessons 2:00 Chess Club	8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-10:45 Zumba 12:30-2:35 Movie 1:00-4:30 Poker
8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Book Group 1:30-3:30 SHINE	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 1:00-3:00 Ask the Lawyer 1:00-2:00 Jazz Performance 1:30-3:00 Watercolor/Sue	<b>22</b> 8:30-9:15 Walking at NARA 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	8:30 Cape Cod Trip 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 11:00-12:00 Continuing Tai Chi 1:00-2:00 Elder Law Program 1:00-3:00 Harmonica Club 1:00/2:00 Chess Lessons – Beg/Inter. 2:00-4:15 Chess Club	8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-3:10 Movie 1:00-4:30 Poker
COA CLOSED MEMORIAL DAY  10:00 Memorial Day Parade and Ceremony. See page 12 for details.	28 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:00-1:45 Veteran Appointments 12:30-1:30 Drop-in Pool 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor/Sue - last	8:30-9:30 Cardio Flex 8:30-9:15 Walking at NARA 9:00-10:30 Watercolor/Joyce 10:00-10:30 Chair Exercise 10:45-12:00 Yoga 12:30-1:00 Spring into Health 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-11:30 Chair Exercise 12:00-1:30 90s Luncheon 1:00/2:00 Chess Lessons – Beg/Inter. 1:00-3:00 Harmonica Club 2:00-4:15 Chess Club	8:30-9:30 Cardio Flex 10:00-10:45 Zumba 11:00-12:00 Memoir Writing 12:30-2:30 Movie 1:00-4:30 Poker



# Memorial Day Parade and Ceremony *Monday, May 27<sup>th</sup>*

The parade will start at the High School at 10:00, march up Main Street to the Town

Common where a short ceremony will take place. The parade will then continue down Concord Road and arrive at Woodlawn cemetery where the main ceremony will be held.

#### **Get Your Newsletter by Email**

Why wait for the mail to get your newsletter? Get it early and in color! For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@actonma.gov. Thank you!

#### **Safe Driving Information from RMV**

**Headphones/Earbuds** are not permitted while driving, unless they are used for communication in connection with

controlling the course or movement of the vehicle. Motorists are required to keep one ear free at all times.

**Headlights** are required to be on when wipers are in use.

**Text Messaging** is prohibited for all drivers.

**Seat Belts** are required for the driver and all passengers age 13 and older and other passenger restraints are required for those under 13.

**Emissions Inspections** are required every year for passenger cars, light trucks, and SUVs that are model year 1997 and newer. Vehicles are tested for both safety and emissions.

**Driver's Licenses** are valid for 5 years and expire on the holder's birthday. Renewals may be done up to 1 year prior to the expiration date. Applicants age 75+ must apply in-person and the renewal includes a vision test.

PRSRT STD U.S. Postage Paid Acton, MA 01720 Permit #67 Acton Council on Aging Town Hall, 472 Main Street Acton, MA 01720 Return Service Requested

The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



 $Activities \ with \ this \ symbol \ are \ partially \ or \ fully \ funded \ by \ your \ donations \ to \ the \ Friends \ of \ the \ Acton \ COA.$ 



#### ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

#### **ACTON COA BOARD MEMBERS**

Barbara Willson, Chair Charlie Aaronson, Vice Chair Stephen Baran Ann Corcoran, Secretary Connie Ingram Marion Maxwell Jim Papachristos Sally Thompson, Treasurer Paul Turner

Acton COA Board will meet on Monday, May 6<sup>th</sup> at 3:00 Friends of the Acton COA will meet on Monday, May 13<sup>th</sup> at 1:00

FROM THE FRIENDS OF THE COA

Calling All Men!

The Friends are looking to increase our

volunteers. We are particularly eager to

get input from men who participate in the programs and activities at the

occasionally. If you are interested in

President, Friends of the Acton COA, at

information, please call Norma Wu,

Senior Center regularly or even

joining or would just like more

978-263-8118.

Board membership and our cadre of